

Performance Self Assessment

Physical

Components	1	2	3	4	5
<i>Total Body Strength 1 rm relative to bodyweight</i>					
<i>Lower Body Strength 1 rm relative to bodyweight</i>					
<i>Upper Body Strength 1 rm relative to bodyweight</i>					
<i>Aerobic Capacity / Endurance single mode efforts over 30 minutes</i>					
<i>Work Capacity High Intensity efforts 3-30 minutes</i>					
<i>Strength Endurance Ability to work under load for higher volumes</i>					
<i>Power Explosivity</i>					
<i>Speed Short distance ability to accelerate</i>					
<i>Grip Not only strength but strength endurance</i>					

Psychological

Components	1	2	3	4	5
<i>Mental toughness Willingness to suffer, never quit attitude</i>					
<i>Motivation Motivation to succeed, train</i>					
<i>Sense of Pace Knowledge of individual ability in relation to various durations</i>					
<i>Preparation Knowledge on how to feed, rest, and hydrate prior to events</i>					
<i>Strategy In regards to sport and competition</i>					
<i>Confidence, Performance under stress Ability to perform at a high level when it matters</i>					
<i>Technical Knowledge Having the requisite knowledge to be successful</i>					
<i>Adaptability</i>					



Performance Self Assessment

<i>Ability to adjust on the fly, and still perform when things go wrong or not according to plan</i>					
--	--	--	--	--	--

Mechanical

Components	1	2	3	4	5
<i>Running Gait Stride rate, stride length, body position, arm and head position</i>					
<i>Lifting form Efficient bar bath for barbell lifts, stance,</i>					
<i>Proprioception Sense of spatial awareness and body position</i>					
<i>Body Composition Appropriate levels of both lean and fatty tissue for their height and sport.</i>					
<i>Sport Specific efficiency Ability to execute sport specific movements utilizing as efficiently as possible.</i>					
<i>Body Type How ideal is your body type for your chosen sport or demands? Can't change this but needs to be recognized as a factor in performance.</i>					

